

## RECOMMENDATIONS FOR ACTION

**\*SAVE SODA FOR A SPECIAL TREAT**

to drink occasionally.

**\*KEEP PLENTY OF 100% JUICE, LOWFAT/SKIM MILK, AND FRUIT FLAVORED SELTZERS AND SPRITZERS** available in your home and at work.

**\*SERVE OR DRINK WATER** prior to meals to quench thirst and reduce the need for a soft drink.

**\*REMIND CHILDREN TO DRINK JUICE AND WATER** for refreshment and with meals.

**\*HAVE A SODA FREE DAY ONCE A WEEK**, or a soda free week once a month.

Soda Busters 1999



IS A PUBLIC HEALTH RESPONSE TO THE SOARING CONSUMPTION OF SOFT DRINKS, ESPECIALLY IN YOUTH.

Soft drinks contribute considerable amounts of calories, sugar, and caffeine to the diet, and have the potential to replace more healthful beverage choices. We offer alternative beverage information and resources to increase nutrition knowledge and allow for better beverage choices for optimal health status for children, families, and communities.

FOR MORE INFORMATION ON THE ALTERNATIVE BEVERAGE CAMPAIGN OR OTHER COMMUNITY AND WORKSITE WELLNESS INFORMATION contact the

**Texas Department of Health  
Community and Worksite Wellness Program  
1100 West 49th Street  
Austin, Texas 78756  
(512) 458-7670 or look at our website at  
[www.tdh.state.tx.us/wellness/](http://www.tdh.state.tx.us/wellness/)**



# GO Alternative!



**Soda Busters 1999**

**Alternative Beverage Campaign**

**Guide to Healthier Alternative  
Beverage Choices**

Texas Department of Health  
Community and Worksite Wellness Program

**QUESTION:**  
**ARE SODAS  
BAD FOR YOU ?**



**ANSWER:**

No! In moderation, soft drinks can be included in an overall well-balanced diet.

**HOWEVER, FACTS ARE FACTS:**

**FACT!** Carbonated soft drinks can add unwanted **SUGAR, CALORIES, AND CAFFEINE** to our diet. They often replace healthier alternative beverage choices (ABC's) that provide needed nutrients.



**FACT!** Because the major ingredients in sodas are carbonated water and syrup, they are, for the most part, nutritionally empty foods.

## **Soda Fountain versus the Health Fountain**

### **SODAS**

The average 12-ounce cola- or pepper-type soda **CONTAINS** 151 calories, 10 teaspoons of sugar, and 37 mg of caffeine, and although an average lemon-lime soda may not have caffeine, it still packs 147 calories and the same amount of sugar while providing, . . .

**0 VITAMINS**  
**0 PROTEIN**  
**0 FIBER**



### **ABC'S**

One cup\* of milk **PROVIDES** an average of 85 calories, 12mg of carbohydrate, and . . .

**15% RDA\*\* Vitamin A**  
**38 % RDA Calcium**  
**8 gm Protein**  
**0 Caffeine**

One cup of 100% orange juice provides, . . .

**100% RDA VITAMIN C**  
**FOLATE**  
**ANTI-OXIDANTS**

### **Consider the Following:**

-Teenage boys have virtually tripled their soda consumption in the last 20 years

-Milk consumption has dropped 40% in the last 20 years

-Carbonated drinks like sodas are the No. 1 source of refined sugar in our diets

-Adding fresh fruit and vegetable juices, water, and milk to our diets will provide **hydration, nutrients, and fiber**

\*Serving size recommended by Food Guide Pyramid, U.S. Department of Agriculture

\*\*Recommended Dietary Allowances: National Academy of Sciences; 10th Ed., 1989